



Recovery Coach Academy Pre-Training Assignments' List

To maximize learning and to prevent you from having “homework” during the training week, please complete the assignments noted as REQUIRED before the Recovery Coach Academy. The list includes a book, several articles, and some inventories and other exercises that we will review on various days of the training. The assignments noted as OPTIONAL are encouraged to be completed but not required.

The pre-training materials are available for download on the MRC Recovery Coach Academy page; with the exception of *What's Right With You* and the Advocacy With Anonymity brochure, which are included in this mailing. The Implicit Association Tests link is noted below in #6.

1. Book: *What's Right With You* (Duncan). A copy is mailed to each Recovery Coach Academy participant. You do not need to finish the entire book prior to training. (REQUIRED)
2. Article: “Relapse is Not Part of Recovery” (White). Also available at [http://www.williamwhitepapers.com/pr/2010 Relapse is NOT Part of Recovery.pdf](http://www.williamwhitepapers.com/pr/2010%20Relapse%20is%20NOT%20Part%20of%20Recovery.pdf) (REQUIRED)
3. Exercise: Understanding of Alcoholism Scale (Miller & Moyer). Also available at; https://minnesotarecovery.org/wp-content/uploads/2015/12/RCA_pre-training-assignment_Understanding-Alcoholism-Scale.pdf Approximately 25 minutes. (OPTIONAL)
4. Exercise: Recovery Coach Academy Core Skills Self-Assessment. Also available at; <https://minnesotarecovery.org/wp-content/uploads/2017/05/Recovery-Coaching-Core-Skills-Self-Assessment.pdf> Approximately 25 minutes. (REQUIRED)
5. Article: Recovery Capital Scale and Plan (White). Adapted from the version available at [http://www.williamwhitepapers.com/pr/Recovery Capital Scale.pdf](http://www.williamwhitepapers.com/pr/Recovery%20Capital%20Scale.pdf) (REQUIRED)
6. Getting to Know You / Getting to Know the Participant Tools. Available at: <https://minnesotarecovery.org/wp-content/uploads/2018/01/Getting-to-Know-You-tools-01.2018.pdf>
7. Assessing Your Heritage Tool: <https://minnesotarecovery.org/wp-content/uploads/2018/01/Assessing-your-own-heritage-tool.pdf>

(Over)

8. Exercise: Complete at least two of the Implicit Association Tests by clicking on “Project Implicit Social Attitudes” at: <https://implicit.harvard.edu/implicit> Then click on Take a Test in the black bar. Then click on “I wish to proceed”. Approximately 10 minutes per test. (REQUIRED)
9. Brochure: Advocacy with Anonymity (FAVOR). A copy is mailed to each Recovery Coach Academy participant. (REQUIRED)
10. Article: “The Recovery Community Organization: Toward a Working Definition and Description” Also available at https://minnesotarecovery.org/wp-content/uploads/2015/12/RCA_pre-training-assignment_The-Recovery-Community-Organization.pdf (Valentine, White & Taylor). (REQUIRED)
11. Article: “What Are Peer Recovery Support Services”. Also available at; https://minnesotarecovery.org/wp-content/uploads/2015/12/RCA_pre-training-assignment_Peer-Recovery-Support-Services.pdf (SAMHSA-CSAT). (REQUIRED)
12. Descriptive Flyer: Peer Recovery Support – It Works! Also available at; https://minnesotarecovery.org/wp-content/uploads/2015/12/RCA_pre-training-assignment_Peer-Based-Support.pdf (REQUIRED)
13. Visit the Resource section on the MRC website (www.minnesotarecovery.org) and familiarize yourself with recovery-related resources. (REQUIRED)
14. **FOR MRC VOLUNTEERS ONLY:** Review the MRC Volunteer Handbook PDF. Each MRC Volunteer will receive a hard copy of the Volunteer Handbook during training. (REQUIRED)